

# Community Mental Health Resource List

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For more information on WCHIP, please visit [Community Health Planning and Statistics](#). If you would like to add additional resources to the list below, please send an email to [WashingtonCHD@flhealth.gov](mailto:WashingtonCHD@flhealth.gov)

## **National Suicide Prevention Lifeline**

This is a service that is available 365/24/7 free and confidential that offers support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

There is no cost for the call, but costs may be associated with obtaining care following or as a result of the call, such as emergency services or outpatient appointments. No insurance is needed to call.

**Call 800-273-8255 or 988 or text 988**

<https://988lifeline.org/>

## **211 Northwest Florida**

Available 24/7 and provides local community services and resources

**Call 855-420-8689 or dial 211 or text your zip code to 898-211** Monday-Friday 9:00 am - 5:00 pm

<https://211nwfl.communityos.org/>

## **Life Management Center**

Offers Individual, group, and family therapy, Suicide Prevention, Depression Services, EPIC Recovery, along with child, adolescent, and adult mental health.

To make your first appointment, call the toll-free number.

**Call the 24-Hour Crisis Line at 850-522-4485 or toll-free at 888-785-8750**

<https://lmccares.org/>

### **Senior Enrichment Program**

Offers psychiatric evaluation and medication management, individual, group, and family therapy.

This is a Medicare-based program for eligible seniors.

Located at Northwest Florida Community Hospital. Medicare provides coverage for 80% of charges, and secondary insurances cover the remaining 20%, thus typically leaving the client with no cost out of pocket. Initial screening is complimentary, and at no charge to individuals.

**Call 850-415-7207**

<https://www.nfch.org/patient-services/senior-enrichment/>

### **24 Hour Helpline For Farmers and Farmworkers**

Provides farmers and farmworkers with personalized support in their local communities.

**Call 211 or text 'FarmFL' to 898-211**

<https://www.fdacs.gov/Agriculture-Industry/Farmer-Stress-Assistance>

### **Bay County Veteran Center**

Offers outpatient health services including individual and group counseling, family counseling, grief counseling, military sexual trauma counseling, and referrals for other VA services.

Those eligible are Veterans and their family members; call for specific eligibility requirements.

For those that are eligible for care, there is no cost, and insurance is not required.

**Call 850-522-6102**

[https://www.va.gov/find-locations/facility/vc\\_0744V](https://www.va.gov/find-locations/facility/vc_0744V)

### **Community Wellness Counseling & Support Services**

Services that are provided include individual, couples, and family, group, psychiatric, therapeutic behavioral on-site services (TBOS), in-school mental health services, early intervention, bariatric assessments, and telehealth.

Patients are referred for services.

**Call 850-643-1033**

<https://cwcssbehavioralhealth.com/>

## **Crisis Text Line**

Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform.

**Text 'HOME' to 741-741**

## **Department of Children and Families (DCF)**

**Adult Mental Health-** Resources in the public mental health system for adults are focused on people in crisis, people with serious, disabling or potentially disabling mental illnesses who live in the community, who cannot otherwise access mental health care and certain people with serious mental illnesses who get involved with the criminal justice system. These adults must be 18 or older and meet certain criteria that can be found on the link below for Adult Mental Health.

**Children's Mental Health-** This program provides funding for in-home and community-based outpatient services, crisis services, and residential treatment (including psychiatric residential treatment facilities, Therapeutic Foster Care, and Therapeutic Group Homes provided through joint Medicaid and Mental Health Program contracts with behavioral health managed entities and providers).

The program also provides coordination and management of the Juvenile Incompetent to Proceed (JITP) program. The system requires that services are individualized, culturally competent, integrated, and coordinated. The aim is to provide a smooth transition, from children's mental health to the adult mental health system for continued age-appropriate services and support. These services are designed to build resilience and to prevent, the severity, duration, and disabling aspects of children's mental and emotional disorders. Additional information and criteria for this program can be found on the link below for Children's Mental Health.

**Call 850-819-1448**

[Adult Mental Health \(AMH\) - Florida Department of Children and Families \(myflfamilies.com\)](https://myflfamilies.com/adult-mental-health)

[Children's Mental Health - Florida Department of Children and Families \(myflfamilies.com\)](https://myflfamilies.com/childrens-mental-health)

## **Emerald Coast Behavioral Hospital**

Provides acute inpatient and outpatient psychiatric services. They specialize in child, adolescent, adult, active-duty military, Veteran, and geriatric psychiatry. There is a no-cost assessment available 24/7.

Accepts Medicare, Managed Medicaid, and Tricare as well as most major commercial insurers including, but not limited to Aetna, Beacon, Blue Cross Blue Shield, Cigna, Humana, Magellan, United Behavioral Health, and WellCare

**Call the main office at 850-763-0017**

<https://emeraldcoastbehavioral.com/>

### **Florida Behavioral Health Collaborative Pediatric Hotline**

Connects pediatricians with board-certified child and adolescent psychiatrists and care coordinators to discuss the presentation of symptoms and choose a treatment option that best suits the needs of the child.

Consultations are available to all providers regardless of the insurance carrier for children/youth up to 21 years old.

**Call 1-866-487-9507**

<https://floridabhcenter.org/about/general-overview/>

### **Florida Department of Health**

The Florida Department of Health has a tab that links multiple resources for mental health such as immediate crisis numbers, helplines, and additional information on mental health.

*Please note that the resources listed by the Florida Department of Health are provided as a convenience and for informational purposes only; they do not constitute an endorsement or an approval by the Florida Department of Health (DOH) of any of the products, services or opinions of the corporation or organization or individual. The DOH bears no responsibility for the accuracy, legality, or content of the external site or for that of subsequent links. Contact the external site for answers to questions regarding its content.*

**Call 850-245-4455**

[Mental Health Links | Florida Department of Health \(floridahealth.gov\)](#)

### **Florida Therapy Services**

Offers Behavioral Health Services, telemedicine services, psychiatric services, and community outreach.

Patients are referred for services.

**Call the Main office at 877-234-5351**

<https://flatherapy.com/>

## **Gulf Coast Children's Advocacy Center**

The Gulf Coast Children's Advocacy Center's Trauma Therapy Treatment Teams provides specialized, empirically supported, evidence-based therapy to survivors of child abuse and sexual violence and their non-offending family members.

Services Provided: Individual Therapy, Group Therapy, Support Groups, Case Management, Advocacy, Community Outreach, and Education.

**Child survivors** in need of services require documentation verifying the abuse was investigated and verified to have occurred (an arrest and/or conviction is not necessary). The information can be obtained from the Department of Children and Families, Law Enforcement, the Child Protection Team, or the State's Attorney Office. Please contact Trauma Therapy Team Supervisor for an assessment of service needs and possible referral.

**Adult survivors** in need of services are required to contact the Gulf Coast Sexual Assault Program (GCSAP) for an assessment of service needs and possible referral. GCSAP 24-hour hotline: [\(866\) 218-4738](tel:8662184738).

All services provided are of no cost to survivors and their non-offending family members. This is possible due to various grants and community contributions received by the Gulf Coast Children's Advocacy Center.

**Main office: 850-872-7760 Chipley Office: 850-415-5132 Bonifay Office: 1-866-218-4738**

[Gulf Coast Children's Advocacy Center \(CAC\) :: Panama City, Florida \(gulfcoastcac.org\)](http://gulfcoastcac.org)

## **Marianna VA Clinic / North Florida/South Georgia Veterans Health Care System**

Offers outpatient health services including primary care, mental health care, lab, and pathology.

Those eligible are Veterans and, in some cases, the spouse, surviving spouse, dependent child, or family caregiver of a Veteran who meets qualifications for VA health care benefits. To find out if you are eligible for VA health care, visit <https://www.va.gov/health-care/eligibility/> There may be a co-pay or other related costs for services provided. Tricare and private insurance are accepted but not necessarily required for those eligible for VA healthcare.

**Call 850-718-5620 (Marianna VA clinic main line)**

<https://www.va.gov/north-florida-health-care/locations/>

### **National Disaster Distress Helpline**

The disaster distress helpline provides immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. The helpline is free, multilingual, confidential, and available 24 hours a day, seven days a week.

**Call or text 1-800-985-5990**

[Disaster Distress Helpline | SAMHSA](#)

### **NWF Health Network**

Resources are focused on adults in crisis; people with serious, disabling, or potentially disabling mental illnesses who live in the community, who cannot otherwise access mental health care, and certain people with serious mental illnesses who get involved with the criminal justice system.

Services center on interventions and activities that help to eliminate, reduce, or manage symptoms or distress for persons up to eighteen (18) years of age who have severe emotional distress or a mental illness. Mental Health services include crisis stabilization and support, residential treatment, outpatient treatment (individual and group), case management, medication management, assessment, and prevention.

**Call 850-410-1020**

<https://www.nwfhealth.org/services/mental-health-focus-and-services>

### **NWF Health Network “Tess” for Students**

Tess is a mental health chatbot powered by AI. Through text message conversations, Tess supports students by listening to their concerns and delivers psychoeducational content and mental health coping techniques. Chatting with Tess is stigma-free, and she provides unbiased emotional support on-demand. This is available 24/7/356 at no cost

**Text ‘Hi’ to 850-801-6119**

### **Panama City Beach VA Clinic/Gulf Coast Veterans Health Care System**

Offers outpatient health services including primary care, mental health care, lab, and pathology.

Those eligible are Veterans and, in some cases, the spouse, surviving spouse, dependent child, or family caregiver of a Veteran who meets qualifications for VA health care benefits. To find out if you are eligible for VA health care, visit <https://www.va.gov/health-care/eligibility/>

There may be a co-pay or other related costs for services provided. Tricare and private insurance are accepted but not necessarily required for those eligible for VA healthcare.

**Call 850-636-700**

<https://www.va.gov/gulf-coast-health-care/locations/panama-city-beach-va-clinic/>

### **Panhandle Therapy Center**

Offers individual and family therapy, group psychotherapy, cognitive behavioral therapy, couples counseling, psychiatric/co-occurring diagnosis therapy, anger management and self-control, and therapeutic behavioral on-site services for children and adolescents.

Accepts some private insurance, Medicaid, and Medicare as well as major credit cards. Payment plans are available upon request.

**Call 850-674-8888**

<https://panhandletherapycenter.com/>

### **Simply Healthy Minds**

Offers resources for kids, teens, parents, and communities to help provide mental health resources for children who experience anxiety, stress, depression, grief, and substance abuse.

**For more information, email [info@fcaap.org](mailto:info@fcaap.org)**

<https://www.simplyhealthyminds.com/>

### **The Trevor Lifeline**

If you are thinking about harming yourself — get immediate support. Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S. It is 100% confidential, and 100% free. These services are geared towards LGBTQ+ youth.

**Text 'Start' to 678-678 or call 1-866-488-7386**

<https://www.thetrevorproject.org/get-help/>

### **Trans Lifeline**

Trans Lifeline connects trans people to the community support and resources we need to survive and thrive.

**Call 877-565-8860**

<https://translifeline.org/>

### **Veterans & Military Crisis Line**

This is a service that is available 365/24/7 free and confidential support for Service Members, Veterans, and their families

Service Members, Veterans, and their families, including National Guard and Reserve Members, regardless of whether these folks are enrolled in VA healthcare are eligible for the services.

There is no cost for the call, but costs may be associated with obtaining care following or as a result of the call, such as emergency services or outpatient appointments. No insurance or VA enrollment is needed to call.

**Call 800-273-8255 (press 1) or 988 (press 1) or text 838255**

<https://www.veteranscrisisline.net/>